Keeping Up the Pace

When is a Pacemaker the Best Option?

Ronald Savarese, D.O.

A pacemaker is a small, implantable computer with several electronic circuits. It continuously monitors your heart rhythm and, when needed, provides a small amount of electrical energy to pace your heart with thin, insulated wires called leads.

More than 100,000 Americans receive a pacemaker each year. Eighty-five percent of the recipients are over the age of 65; however, anyone of any age may require a pacemaker, including children. The heart’s normal electrical system works like this: the heart beat starts at the top of the heart in a place called the SA node (sinoatrial node). The electric signal flows from there to the AV node (atrioventricular node) which is housed in between the top and bottom chambers of the heart. After the electric signal goes through the AV node, the impulse travels through the bottom chambers of the heart causing them to squeeze, pushing blood out to the body. Sometimes, the heart’s electrical system does not function properly.

The normal heart beat is 60 to 80 at rest. If the heart beats too slow or too fast, a person may experience symptoms such as dizziness, lack of energy, fatigue or shortness of breath. A pacemaker is the treatment of choice for people who feel poorly from disturbances in the heart’s electrical system. By reading the heart rhythm and delivering electrical energy to the heart when needed, a pacemaker can help patients “keep up the pace” of life.

Dr. Ronald Savarese is the director of electrophysiology at the Heart and Vascular Center at Memorial Hospital.
Effective Support

Does Your Support Help or Hinder?

Renata Tate, R.N., M.S.N., M.H.A., C.T.T.S.-M.

Do you know someone who uses cigarettes, cigars, a pipe or smokeless tobacco? If so, have you recently tried to help that person quit and discovered that no matter how much help you provide, they continue to use tobacco? All too often, family and friends get frustrated when the person they are trying to help does not quit, while the tobacco user gets frustrated by the pressures of quitting and the guilt of not succeeding.

Most tobacco users are aware of the harmful effects of tobacco on their body and know they need to quit. However, many of them continue to use tobacco despite the health effects. According to the CDC, seven out of 10 tobacco users want to quit, but only four out of seven will attempt to quit. Most tobacco users state that an effective support person can help strengthen the quit process, while an ineffective support person can be a hindrance.

Often, family and friends find out that placing shame, guilt and demands to quit only results in continued tobacco use. If a person has a desire to quit, the most effective strategies to help them is to provide motivation, support and encouragement.

DOES YOUR SUPPORT HELP OR HINDER?

- Share this article with a tobacco user in your life who is trying to quit.
- Ask the tobacco user how you can best help in their quit attempt.
- Ask how you would most hinder their quit attempt.

By understanding the type of support a person needs, you will strengthen the quit process and increase the likelihood of success.

Renata Tate is a Tobacco Cessation educator at Memorial Hospital. For more information on the Tobacco Cessation services offered at Memorial Hospital, call 717-849-5463.

Be Powerful

Raising Healthy Children

Kara Parrish, R.D., L.D.N.

Every parent wishes for their child to be strong, healthy and have the confidence to succeed, but in today’s culture of fast food and children living a more sedentary lifestyle, childhood obesity is more prevalent than ever and parents may feel like they are running out of ideas.

The Mayo Clinic reports that over the past 30 years, the rate of obesity in the United States has more than doubled for preschoolers and adolescents, and it has more than tripled for children ages six to 11. To address the epidemic of childhood obesity and give help to children struggling to deal with weight issues, Memorial Hospital is partnering with the Highmark Foundation to offer KidShape®, a nationally recognized family-based weight management program.

The nine-week program, sponsored by the Highmark Healthy High 5 initiative, is for families with overweight children ages six to 14. The program helps children and their families through better nutrition, increased physical activity and improved self-esteem.

THE KIDSHAPE PROGRAM BUILDS HEALTHIER FAMILIES BASED ON 10 KEY MESSAGES.

| B | Be active and play hard for at least 60 minutes every day. |
| E | Eat slowly and mindfully. Avoid mindless eating by eating food sitting down and NOT in front of the screen (television, video or computer). |
| P | Put away the junk food. Remove high fat/high sugar snacks like chips, cookies and cakes from the house and substitute with healthy fruits, nuts, yogurt and whole grain pretzels. |
| O | Observe your fiber intake. Eat a variety of fruits and vegetables. Kids need 1-2 cups of fruit and 1.5-2.5 cups of veggies per day! |
| W | Water – drink healthy. Drink water instead of sweetened beverages such as soda, fruit drinks and sport drinks and limit juice to ½ cup per day. |
| E | Eat meals, especially breakfast, regularly and as a family. Prepare most of your meals at home. |
| R | Reduce screen time (television, video and computer screens) to no more than two hours per day. |
| F | Fuel your body healthy! Read the Nutrition Facts Labels and choose less processed foods. |
| U | Use tools like a health tracker, support system and positive thinking to stay on target with your goals. These will help you continue to be healthy during difficult times. |
| L | Love yourself and your family. Be a team player. Act as a positive role model. |

The next session of KidShape will be held on Thursdays from 6 to 8 p.m. from September 23 to November 18. The program will be held at StillMeadow Church, 400 StillMeadow Lane in York. There is a $10 enrollment fee to participate. Anyone interested in learning more about Memorial Hospital’s KidShape program is encouraged to call the Hospital at 717-849-5492.

Kara Parrish is a registered diettitian at Memorial Hospital and provides outpatient nutritional counseling. For more information, call 717-849-5507.
Preparing for Pregnancy

How to Get Your Body Ready

Roger Boatwright, M.D.

Pregnancy is exciting and rewarding, yet it can also be a somewhat anxious and uneasy time. If you are planning to become pregnant, make a preconception appointment with your physician who will try to identify things that may pose risks to you or your baby. You may be asked questions about your diet and lifestyle, medical history, use of birth control, past pregnancies, medications, and diseases that may run in your family.

LIFESTYLE

While no one likes following rules and most people cringe when they hear the word diet, remember that the following are guidelines and most of them are suitable even for those who aren’t planning a pregnancy.

You should eat whole grains, dark green and orange vegetables, and a variety of fruit. You may eat frozen or fresh vegetables and drink fat-free or low-fat milk.

Cook foods at a high enough temperature and be sure they are well done. Avoid too much salt, sugar and sweeteners.

All women of childbearing age should take 0.4 milligrams of folic acid daily. Pregnant women should have at least 0.4 milligrams each day during the first three months of pregnancy and higher doses if they are at risk for certain congenital defects.

If you are planning to have a baby, you should try to reach a healthy weight before you become pregnant. A woman who is slightly underweight can gain a few pounds to prepare for pregnancy. An overweight woman should try to lose weight before pregnancy because excess weight can cause high blood pressure or diabetes. Obesity poses risks for the baby as well as the mother.

Smoking, drinking and drug use during pregnancy can harm the baby. Even using these substances only once in a while or in small amounts can harm the fetus or make it harder to get pregnant.

EXERCISE

Good health depends on both a proper diet and exercise. If you follow a fitness routine before you conceive, you can improve your chances of having a comfortable and active pregnancy. The sports and exercise you can do during pregnancy depend on your health and how active you were before you became pregnant.

If you have no medical problems, try at least 30 minutes of moderate exercise most days of the week. Even everyday activities like gardening and cleaning count.

Swimming and walking are good forms of exercise. Jogging, cycling, and some strenuous sports may be fine to continue during pregnancy if you are in shape and were used to them before you became pregnant.

FINALLY…CONGRATULATIONS!

By planning your pregnancy, you will know that during this important early stage you were taking the best possible care of yourself and your baby. Becoming a parent is a major commitment filled with many challenges, rewards and choices. Making healthy choices before you become pregnant is an important step to a healthy and happy pregnancy.

Dr. Roger Boatwright is an OB/GYN who is affiliated with Memorial Hospital. For more information, call 717-849-5344.

Safe at Home

A Fall Prevention Initiative

Troy Smyser, P.T.

Annually, more than 12,800 people over the age of 65 die and 1.6 million Americans are treated in hospital emergency departments because of falls at home.

To address this issue, Memorial Hospital has created a program called Safe at Home for anyone who has experienced a fall at home or who limits their level of activity for fear of falling.

The first step is to speak with your primary care physician about your concerns and ask for a referral to our program. You can then schedule your first appointment with our Rehabilitation Services Department, which has locations in east York and west York.

After a thorough initial evaluation, the need for continued services will be determined. For those who do well on the objective tests we administer and are deemed to be at low risk for falls, we will provide educational literature and a written list of appropriate home exercises. No further intervention may be necessary.

For those deemed at increased risk for falls at home, a highly individualized therapy program will be developed. All patients will receive personalized care by a physical therapist, physical therapy assistant or occupational therapist.

Troy Smyser is manager of Memorial Hospital’s Rehabilitation Services. For more information, call 717-849-5485.
Early Detection

The Role of Prostate Screenings

M. Azeem Bhatti, M.D., F.R.C.S.C.

Prostate cancer is the most common cancer in men with 192,280 men diagnosed in 2009 and around 27,650 expected deaths from the disease. There is a one in six risk of acquiring prostate cancer in your lifetime. With such prevalence and mortality, screening for prostate cancer has been the physician’s best tool in preventing problems with this disease. At its early stages, prostate cancer is asymptomatic and can only be detected by a rectal exam of the prostate and a PSA blood test. When the disease becomes symptomatic, it is usually too far advanced for cure. The most common symptoms of advanced prostate cancer are a slowing urinary stream when voiding, blood in the urine and constant back pain.

An abnormal screening test revealing a hardness or lump on the prostate from the rectal exam or a high PSA level are suspicious for prostate cancer. At this point, your urologist will need to perform a simple office procedure to biopsy the prostate to confirm the diagnosis. Many medical organizations including the American Urological Association and American Cancer Society are modifying their recommendations for counseling men at risk for prostate cancer.

More emphasis is placed on tailoring the treatment options to the aggressiveness of the cancer and the individual patient. The aggressiveness is graded by the Gleason score that is a number between two and 10. The lower the number, the slower growing the cancer. The amount of cancer detected in the prostate is also important to know. The discussion of treatment needs to take into consideration the patient’s age, medical condition and lifestyle. There are an array of treatment options including various types of radiation, surgery such as robotic prostatectomy, hormone therapy, cryotherapy and active surveillance.

Active surveillance is now considered a good option for some men. Active surveillance means, rather than treating prostate cancer aggressively, monitoring the course of the cancer. This way, you and your urologist can see if the cancer is an aggressive type requiring treatment. Sometimes the newly diagnosed cancer may not need treatment and a patient can live a productive life with no risk of the condition posing a problem.

As physicians are better understanding the behavior of prostate cancer, screening is a useful tool to diagnose the disease early. This allows you and your physician to discuss the many options that are available for treatment.

Dr. M. Azeem Bhatti is an urologist who specializes in minimally invasive surgeries with organ and function preservation. For more information, call York Urology Specialists at 717-815-2562.
Take a short-cut to heart healthy eating by following these dietary recommendations:

- **Balance calorie intake and physical activity to achieve or maintain a healthy body weight.**
  Access the My Pyramid website at www.mypyramid.gov for a personalized meal plan and exercise tips.

- **Consume a diet rich in fruits and vegetables.** The goal is five servings of fruits and vegetables per day. Try preparing your fruits and vegetables different ways such as grilling, roasting, sautéing or adding lemon juice, lemon pepper or Cajun seasoning for an added twist.

- **Choose whole grain, high fiber foods.** The first ingredient in a whole grain product such as bread, pasta and bagels should never be enriched flour. Look for products that list whole grain or whole wheat as the first ingredient.

- **Consume fish, especially oily fish, at least twice weekly.** If you don’t like fish you can consider fish oil supplements, but remember to always consult with your physician before starting any new supplements.

- **Choose a diet low in fat, saturated fat, trans fat and cholesterol.** Choose fat-free or lower fat versions of meats, cheese, milk, puddings, ice creams and butters.

- **Minimize your intake of beverages and foods with added sugars.** Avoid sugar sweetened sodas, teas, sports drinks and fruit beverages.

- **Prepare foods with little or no salt.** Instead add flavor with a salt substitute, lemon zest, seasonings or fresh herbs.

- **If you consume alcohol, do so in moderation.**

   Kara Parrish is a registered dietitian at Memorial Hospital and provides outpatient nutritional counseling. For more information, call 717-849-5507.

   Source: American Heart Association

---

**Know Your Stats**

**About Prostate Cancer**

The American Urological Association Foundation and the National Football League want you to Know Your Stats about prostate cancer. So all men over 40 should talk with their doctors about their PSA (prostate-specific antigen) score and get regular physical exams.

**Attend Memorial Hospital’s FREE Men’s Prostate Health Screening**

**October 12, 2010, 3 to 7 p.m. • 1600 Sixth Ave., Ste. 108 in York**

No registration required. Screenings will be done on a first come, first served basis. Visit www.mhyork.org for more information.

The American Urological Association Foundation and the National Football League or its agents or employees. Prostate cancer screening is rendered by qualified local physicians, laboratories and affiliated personnel who are not employees of the AUA Foundation, the National Football League, or Intuitive Surgical®. None of these entities is responsible for the testing and care rendered.

© 2010 AUA Foundation. © 2010 National Football League. All NFL related trademarks are trademarks of the National Football League.
Diabetes Self-Management Program

**Dates and Times:** October 5, 12 and 19, 2010 from 6 to 9 p.m. OR November 2, 9 and 16, 2010 from 9:30 a.m. to 12:30 p.m.

**Location:** Memorial Hospital

**Fee:** Call for more information

This program offers information about managing and monitoring diabetes. The program focuses on general information about diabetes and the aspects of self-care. The classes utilize a comprehensive, interdisciplinary team approach to meet the National Standards for Diabetes Self-Management Education. The American Diabetes Association recognized this program as meeting the National Standards for Diabetes Self-Management Education. For more information or to register, call 717-849-5461.

Diabetes Support Group

**Date:** Second Wednesday of each month

**Time:** 7 to 8:30 p.m.

**Location:** Memorial’s Health and Wellness Center

**Fee:** Free

Sometimes living with diabetes can be overwhelming. Sharing those feelings with others can make life easier. If you have diabetes, consider joining the Diabetes Support Group. For more information or to register, call 717-849-5461.

Diabetes Cooking Classes

**Date:** December 8, 2010

**Time:** 6:30 to 8:30 p.m.

**Location:** Elmwood Mansion Conference Center

**Fee:** Free

Join Memorial Hospital’s dietitians for an evening of preparing and tasting delicious healthy recipes for people with diabetes. To register, call 717-849-5462.

Planning a Healthy Lifestyle

**Dates and Times:** November 10, 2010 at 10 a.m.

**Location:** Memorial’s Health and Wellness Center

**Fee:** Free

This class teaches basic healthy eating concepts including how to read a nutrition facts label, recommendations from the U.S. Dietary guidelines and tips to promote weight loss/management. This class is free and limited to 20 participants. To register, call 717-849-5507.

Know Your Healthy Steps

**Date:** September 16, 2010

**Time:** 7 to 9 p.m.

**Location:** 1420 Sixth Avenue, Suite 3

**Fee:** Free

This interactive program is designed to help people with diabetes understand the role of blood glucose monitoring, good nutrition and activity to maintain or improve their health. The activity portion of the program includes a 10-minute walk and the use of a pedometer to develop a starting point to increase physical activity. Wear comfortable clothing and shoes to the class. For more information or to register, please call 717-849-5462.

Joint School

**Date:** Tuesdays

**Time:** 9 to 11 a.m. (except for fourth Tuesday of the month when class is from 6 to 8 p.m.)

**Location:** Memorial Hospital

**Fee:** Free

The Joint School is a two-hour class designed to help patients who are scheduled for surgery for a new prosthetic joint. The School prepares the patient and a coach for a successful surgery and recovery process. For more information or to register, call 717-849-5462.

FOR A COMPLETE CALENDAR OF PROGRAMS, VISIT OUR WEBSITE AT: www.mhyork.org
The Bereavement Support Group helps individuals who have recently lost a loved one. For more information or to register, call 717-849-5462.

**Tobacco Cessation Program**

**Dates:** October 7, 14, 21, 28, November 4 and 11, 2010  
**Time:** 6 to 9 p.m.  
**Location:** Memorial’s Health and Wellness Center  
**Fee:** Free  
This free, six-week program provides a comprehensive outpatient group approach to tobacco cessation. The goals of the program are to help individuals develop a better understanding of tobacco use, how to overcome the tobacco addiction, methods to cessation and how to live a tobacco-free life. The program is designed to provide individuals with a step-by-step approach to tobacco cessation in a group format. For more information or to register, call 717-849-5463.

**Strengthening Families Program**

**Dates and Times:** Call for more information  
**Location:** Call for more information  
**Fee:** Free  
The Strengthening Families Program focuses on families with children 10 to 14 years of age and shares proven techniques for family communication and parental management. Families attend together for eight weeks of fun, games and food. (A Spanish class is available.) For more information or to register, call 717-815-2788.

**Infant Massage**

**Dates and Times:** Call for more information  
**Location:** Memorial Hospital’s Family Birth Center  
**Fee:** $78  
This four-part class provides an overview of the history and benefits of infant massage, as well as hands-on instruction. Participants also receive a complimentary infant massage book and massage oil. Registration is limited. For more information or to register, call 717-849-5462.

**Gestational Diabetes Class**

**Dates:** Every Wednesday  
**Time:** 12 to 2 p.m.  
**Location:** Memorial’s Health and Wellness Center  
**Fee:** Call for more information  
Gestational diabetes is when a pregnant woman develops a high blood sugar during pregnancy. This class teaches you how to take care of yourself and your baby. For more information or to register, call 717-849-5461.

**Planning for Pregnancy**

**Date:** October 13, 2010  
**Time:** 6:30 to 8 p.m.  
**Location:** Memorial Hospital  
**Fee:** Free  
If you are thinking about becoming pregnant, don’t miss this important class. Get the facts straight from the professionals. Learn how to increase your odds of conception, get fit for pregnancy, eat right for a healthy baby and get the support you need throughout your pregnancy.

**New Baby Day Camp**

**Date:** November 2, 2010  
**Time:** 6 to 7:15 p.m.  
**Location:** Memorial Hospital  
**Fee:** Free  
Welcoming a new baby into the family is certainly exciting, but it can be very stressful – especially for the littlest member of your family. Ease the transition for your child by attending this camp, a unique event featuring a fun and interactive program where kids learn what a new baby looks like, how to become a big helper and how to make friends with the new baby. For more information or to register, call 717-849-5462.

**Nicotine Support Group**

**Date:** Every Tuesday  
**Time:** 6:30 to 7:30 p.m.  
**Location:** Memorial’s Health and Wellness Center  
**Fee:** Free  
The goal of the Nicotine Support Group is to share common experiences, learn about the power of nicotine and create a caring atmosphere. This group is for individuals who are nicotine-free or who want to become nicotine-free. For more information or to register, call 717-849-5463.

**Newborn Care Class**

**Date:** September 20, 2010 OR November 1, 2010  
**Time:** 6:30 to 8:30 p.m.  
**Location:** Memorial Hospital  
**Fee:** $16  
This course is geared toward parents, grandparents, babysitters or anyone else who must care for a newborn. The class addresses the following newborn care topics: bathing, dressing, diaper changing, holding a baby, burping, temperature taking and reading a thermometer. For more information or to register, call 717-849-5462.

**Childbirth Classes**

**Dates and Times:** October 14, 21, 28, November 4 and 11, 2010 from 6:30 to 8:30 p.m. OR October 16, 23, 30, November 6 and 13, 2010 from 9:30 to 11:30 a.m.  
**Location:** Memorial Hospital  
**Fee:** $62.50  
This is a five-week childbirth education series that encourages your active participation as a couple during pregnancy, birth and the first few weeks at home. Special emphasis is placed on relaxation and breathing techniques that can be used not only during the labor and delivery process, but also throughout your life for stress and pain management. The class includes a tour of the Family Birth Center, lectures, discussions and videos. For more information or to register, call 717-849-5462.

**Breastfeeding Workshop**

**Date:** October 11, 2010  
**Time:** 6:30 to 8:30 p.m.  
**Location:** Memorial Hospital  
**Fee:** $16  
This workshop teaches mothers how to manage the art and obstacles of breastfeeding, the true meaning of nipple confusion, how family members can help, and how your body can produce exactly what your baby will need to survive and thrive. Please bring a doll or stuffed animal to class. For more information or to register, call 717-849-5462.

**FOR A COMPLETE CALENDAR OF PROGRAMS, VISIT OUR WEBSITE AT: www.mhyork.org**
When it comes to matters of your heart, regular medical attention by top-quality heart specialists is critical to your quality of life.

Our new Heart and Vascular Center has a comprehensive cardiovascular program that can help you keep a steady beat.

The Center provides diagnosis and treatment of all types of cardiovascular diseases using the latest technology available.

From nuclear cardiac stress testing and vascular testing, to cardiac catheterization, angioplasty and pacemakers, we have a team skilled in invasive and non-invasive cardiac and limb-saving vascular procedures.

So don’t miss a beat. Come to our highly advanced Heart and Vascular Center, dedicated solely to the well being of your heart. It’s high-tech, high-touch and full of specialists trained to administer the best in heart care.